



UNC
HEALTH CARE

well



Employee
Ambassadors
volunteer in their
communities **PAGE 4**

It's not too late to get
your flu shot **PAGE 7**

USDA announces new
food guidelines **PAGE 12**

LEADING. TEACHING. CARING. | FALL 2011

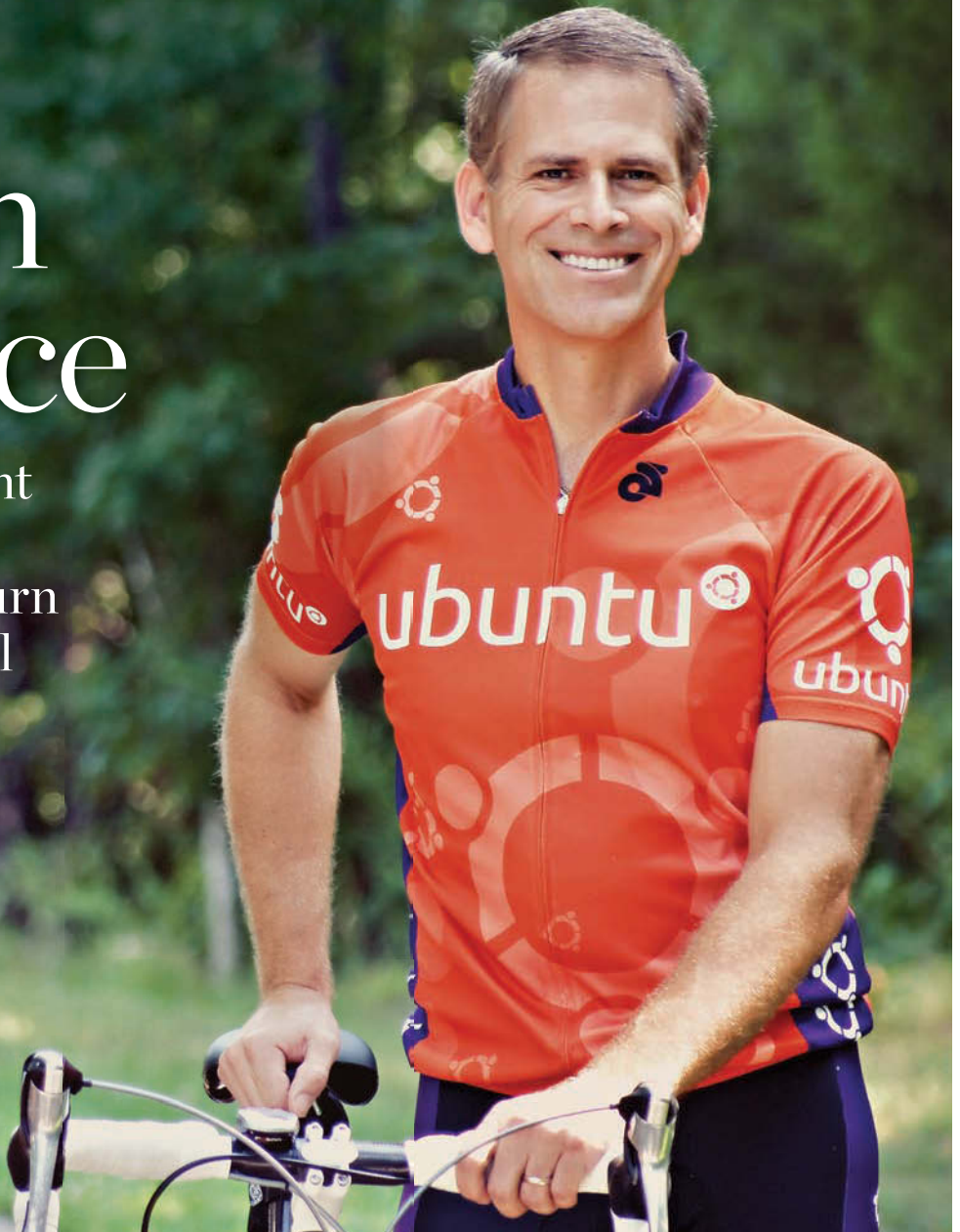
Back in the Race

A much-needed joint
replacement helps
Tomas Eikinas return
to the triathlon trail

PAGE 8

**UNC URGENT CARE
IS NOW OPEN.**

See page 6 for details.



WWW.UNCHEALTHCARE.ORG

FEATURES

6 An Urgent Solution

If you need treatment and can't see your primary care physician, consider UNC Urgent Care, which can see you now.

7 It's Not Too Late to Get Your Flu Shot

The seasonal peak of this serious illness is coming. Make sure you and your family are protected.

8 Back in the Race

Not content to watch life pass him by, Tomas Eikinas trusted UNC Health Care for shoulder replacement so he could continue competing in triathlons.

DEPARTMENTS

3 UNC Health Care News

Five nurses and one tobacco-cessation program are honored, and a unique perinatal psychiatry unit opens.

4 Community

UNC Health Care's Employee Ambassador Program encourages and supports volunteer opportunities.

12 Nutrition

The long-standing food pyramid gives way to MyPlate, a good visual reminder of what types of food you should be eating.



14 Calendar

Check out some health and wellness events available this fall.

PERSPECTIVES

Journey to a Joint Replacement

Usually when we hear about joint replacement, it's an elderly patient with a hip fracture or an arthritic knee. We don't immediately think of a younger, active person or an athlete. The cover feature in this issue may change your mind.

Tomas Eikinas is an avid triathlete in his spare time, and he was not willing to give that up when it became clear he needed to have surgery to correct a previous shoulder replacement. He did exactly what we are told we should do when making decisions about our health care, which is to get a second opinion—and



Shoulder replacement allows Tomas Eikinas to enjoy his hobbies and his family.

sometimes a third or a fourth—and to research on our own to learn as much as we can about the procedure we are going to have. It is safe to say that Tomas now knows more about shoulder replacements than most people who have not gone to medical school. Read about his journey on page 8 and find out how he's doing now, more than a year after his surgery.

Do you know the difference between an urgent care clinic and the emergency room? Although they both see patients after hours, they are not interchangeable. Learn about the new UNC Urgent Care on page 6. Find out what types of illnesses and injuries are treated there

and when it's better to go to the emergency room.

Please continue to send us your thoughts about *Well* and your ideas for future issues. You can also sign up for a free subscription by visiting www.unchealthcare.org and clicking "Well magazine."

Kind regards,
Well editorial team
UNC Health Care

Keep the Comments Coming!

Let us know what you think of *Well* magazine. Send your comments or questions to Jennifer Breedlove at publications@unch.unc.edu.

On the Cover: Photo courtesy of Heather Lauffer for Tamara Lackey Photography.

Well is published four times annually by UNC Health Care. Copyright 2011 © UNC Health Care.

Contributing writer: Stephen R. Werk.

Information in *Well* comes from a wide range of medical experts and is not intended to treat or diagnose any individual situation. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

Send correspondence and address changes via e-mail, publications@unch.unc.edu; mail, *Well*, Public Affairs and Marketing, 1101 Weaver Dairy Road, Suite 100, Chapel Hill, NC 27514; phone, (919) 843-8922; Web, www.unchealthcare.org.



UNC
HEALTH CARE



UNC Health Care Nurses Recognized by Peers

Five UNC Health Care nurses are listed among the Great 100 Nurses of North Carolina for 2011. The Great 100 is a peer-nominated award to recognize nurses for excellence and commitment and for their contributions to improving health care in their communities. Rex Healthcare and Pardee Hospital nurses also were recognized in the 2011 listing.

The Great 100 organization's mission is to positively change the image of nursing by recognizing nursing excellence and providing scholarships for nursing students in North Carolina.

UNC Health Care's Great 100 nurses are:

- **Billy Bevill**, Nursing Professional Development, Practice and Research
- **Marilyn Hanson**, Burn Center
- **Grace Schmits**, Burn Center
- **Heather Tuttle**, Emergency Services
- **Sue Upchurch**, CICU

Tobacco-Cessation Program Honored

Four years after implementing a tobacco-free policy on its campus and at its facilities, UNC Health Care has been named one of nine recipients of the 2011 American Cancer Society Excellence in Workplace Tobacco Control Award.

This award recognizes companies that provide tobacco-cessation programs, policies and benefit coverage to encourage tobacco cessation in the workplace.

At the core of UNC Health Care's employee tobacco-cessation efforts is the Tobacco-Free Tar Heels Program, which is a free tobacco-use treatment program for UNC Health Care employees. It is one of the resources made available by the UNC Department of Family Medicine's Nicotine Dependence Program and Healthy Heels, the employee wellness committee.

"This is a wonderful award and recognition for the Nicotine Dependence Program and the health care system that supports it," says Adam Goldstein, MD, MPH, director of UNC Tobacco Intervention Programs and a professor in Family Medicine.

Perinatal Psychiatry Unit Is First of Its Kind

The newly renovated and freestanding Perinatal Psychiatry Inpatient Unit accommodates up to five patients and has specialized programming for women during pregnancy and postpartum. The inpatient unit opened in August and is the first of its kind in the country.

Patients are seen by a team of highly trained doctors, nurses, psychologists, midwives, social workers and other therapists who work together to provide private, state-of-the-art specialty care for women suffering from severe perinatal psychiatric issues. Services include:

- Individualized assessment and treatment plans with a multidisciplinary team
- Group therapies including behavioral, psychoeducational, art and mindfulness
- Biofeedback therapy
- Mother-infant attachment therapy
- Family- and partner-assisted interpersonal psychotherapy
- Therapeutic yoga geared for pregnancy and postpartum women
- Protected sleep times
- Extended visiting hours to maximize positive mother-baby interaction
- Gliders for pumping and nursing in patient rooms
- Hospital-grade breast pumps, refrigeration and freezer storage
- Lactation, nutrition and OB-GYN consultants.



Serving the Community

UNC Health Care's ambassador program encourages employees to volunteer.

"I give a lot of myself to my job, and this helps me find ways to give back outside of the hospital."

—Joyce Kern, RN, BSN

Employees of UNC Health Care and the UNC School of Medicine have a long history of giving back to their communities. By volunteering during their nonwork time for nonprofit organizations, employees help address the needs of their communities, the environment and local schools. To recognize these efforts and to encourage additional volunteer opportunities, UNC Health Care developed the Employee Ambassador Program.

"I think it's a great program," says ambassador Joyce Kern, RN, BSN. "I give a lot of myself to my job, and this helps me find ways to give back outside of the hospital. I've helped build a home with Habitat for Humanity; I have spoken at high school career fairs and taught small children about the importance of hand washing and making healthy choices."

Extending a Volunteer's Reach

Having this connection with a network of employees who have a shared interest in volunteering allows UNC Health Care to connect ambassadors with

volunteer projects and to participate in community projects on a larger scale than before the program started.

"Our Employee Ambassador Program is similar to other large companies' programs and was created as part of a larger outreach strategy called Commitment to Communities," says Tom Maltais, assistant director of External Affairs. "It enables us to connect with our employees who want to give more of their time and to raise awareness of the things they are already doing."

Throughout the year, ambassadors receive an e-newsletter, which includes calls for volunteers to support various programs and services affiliated with UNC Health Care, as well as announcements provided by ambassadors who are looking for volunteers to support their favorite charities.





Left: Employee ambassadors Jill Riggsbee (left) and Kathy Brice (right) participated in the Stuff the Bus campaign with help from employee Gerald Bagley.

Below: Employee ambassadors Joyce Kern, RN, BSN, clinical nurse IV (back center); Shalia Gregory, RN, BSN (back left); and Celeste Mayer, PhD, patient safety officer (back right), promote UNC Health Care in the community.



Stuff the Bus volunteers helped collect more than **2,500** items for Orange County students in need.



Success Story

The program is relatively new, but it has already proved to be quite successful. Last summer, UNC Health Care participated in the Stuff the Bus campaign for Orange County schools. A call for volunteers to help collect school supplies was placed in the program's monthly e-newsletter, and within the first couple of days, 25 ambassadors and other employees volunteered to help. Through this collective effort, more than 2,500 items were donated for students in need in Orange County.

"We receive a lot of requests each year to support local charities, and occasionally we have to say no," says Maltais. "This program allows us to offer some measure of support to charities that are closest to our employees' hearts."

See Employees in Action

Hear from the people who make UNC Health Care's Employee Ambassador Program possible. Visit www.youtube.com/uncmedicine and search "employee ambassadors" to watch the videos.



An Urgent Solution

UNC Urgent Care is now open.

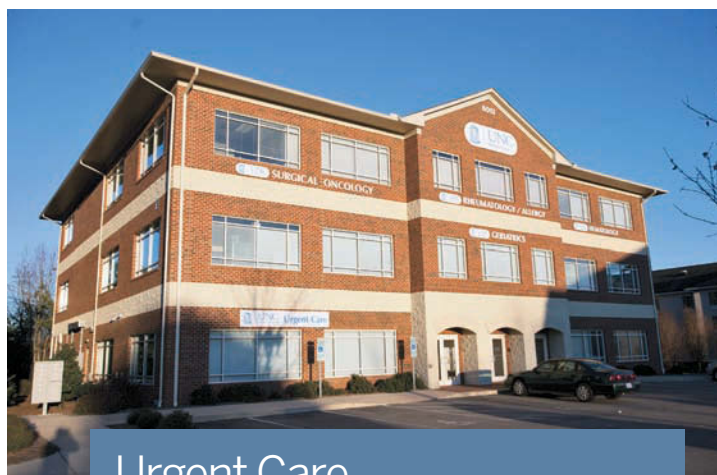


PHOTO: BRIAN STRICKLAND

Urgent Care or Emergency Room?

Patients can come to the urgent care if their primary care physician recommends it or if they have a minor injury or illness that requires immediate care, such as flu or cold symptoms, fever, sprains, sore throat or ear infection. Minor cuts and work-related injuries are also treated at UNC Urgent Care. Patients with chest pains, head injuries or more severe medical conditions should go to the emergency room.

"We want to encourage people to go to their primary care physician first," says Meredith Trudgeon, practice manager for UNC Urgent Care, "but we're here as a backup when your primary care physician can't take you. We're also here for after hours and acute situations, but we're not an ER."

If patients have questions about whether they should come to UNC Urgent Care, they should feel free to call, advises Trudgeon. "We will either treat you here or we'll get you to the right place," she says.

For more information about UNC Urgent Care, visit www.unchealthcare.org.

IN THE PAST, if you needed to see a medical professional after hours or if your primary care physician couldn't fit you in right away, you would end up either delaying getting care or going to the emergency room. Neither option is ideal. If you wait to get treatment, the situation could worsen and require additional treatment, but if you go to the emergency room, you could be faced with extremely long wait times while patients with more serious emergencies are seen first.

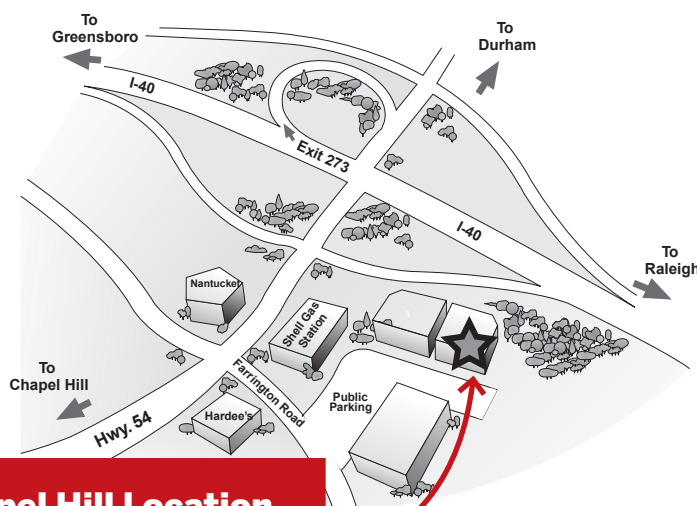
UNC Urgent Care opened earlier this year to help address those problems.

"The UNC Urgent Care was established to serve as an added support to the primary care network at UNC Health Care, as well as to work with the Emergency Department [ED] so they're not being inundated with a lot of the problems that could be seen in a primary care physician's office," says Matthew Sproul, MD, medical director of UNC Urgent Care.

This is the first urgent care center operated by UNC Health Care. It is open seven days a week from 9 a.m. to 8 p.m., and is located just off Interstate 40 at the intersection of Route 54 and Farrington Road in Chapel Hill. UNC Urgent Care is convenient to get to and doesn't require an appointment. Most patients can walk in and be seen right away, and because a lab and X-ray equipment are available on-site, the longest wait may be about 30 minutes.

The benefit of being part of UNC Health Care is that the medical professionals at UNC Urgent Care work closely with other departments and physicians to make sure each patient is seen by the appropriate specialist. Also, the patient's medical records automatically go to the primary care physician so he or she knows what treatment was provided.

Dr. Sproul says you should always call your regular doctor's office first. "Even if it's something that happens after hours," he says. "A lot of offices have triage nurses who can answer questions over the phone and advise you about whether you need to go to the ED or urgent care." ■



Convenient Chapel Hill Location

UNC Urgent Care at Carolina Pointe II
6013 Farrington Road, Suite 101
(919) 957-6610
Open seven days a week from 9 a.m. to 8 p.m.

It's Not Too Late to Get Your Flu Shot



ALTHOUGH SOME PEOPLE have already been temporarily sidelined by the flu this year, there is still time to get the vaccine before the expected seasonal peak of the illness.

Earlier this year, the Centers for Disease Control and Prevention (CDC) released the 2011–12 influenza vaccine recommendations. The CDC recommends getting the flu vaccine as soon as it is available each year, because it will provide protection for the entire flu season. The number of flu illnesses tends to peak in January or February, however, and can continue as late as May. So you can still benefit from getting your family vaccinated this year, if you haven't already.

The vaccine being used this year covers the same three strains of the virus as last year's vaccine, including the H1N1 virus, also known as swine flu, which received a lot of media attention. It's important

to note that you will need to be vaccinated again, even if you were vaccinated last year. The vaccine's ability to defend against the virus declines over time, which is why the CDC recommends annual vaccinations.

The CDC promotes a three-step plan to flu prevention:

1. Take time to get a flu vaccine. Everyone 6 months or older, and especially those in high-risk groups, should have an annual flu vaccine as soon as it is available.
2. Take everyday preventive actions to stop the spread of germs. Cover your nose and mouth when you cough or sneeze, wash hands frequently with soap and water, and, if you experience flulike symptoms, stay home for 24 hours after the fever goes away.

3. Take flu antiviral drugs if your doctor prescribes them. Antiviral drugs can make an illness milder and shorten the time you are sick. They may also prevent serious flu complications. ■

Source: www.cdc.gov

Get More Flu Facts

For more information about the 2011–12 flu season and the CDC recommendations, visit www.cdc.gov/flu/about/season.



Back in the Race

A much-needed joint replacement helps **Tomas Eikinas** return to the triathlon trail.

BY STEPHEN R. WERK

Thanks to a new shoulder implant he received at UNC Health Care, Tomas Eikinas continues to swim, bike and run his way to high triathlon finishes.



N EARLY 2010, TOMAS EIKINAS OF CARY COULD BARELY

get through a day at work. Intense shoulder pain, the result of failed shoulder replacement surgery, often sent him to his parked car, where he would try to reduce the agony by lying motionless in the front seat.

Today, a year and a half later, getting the 47-year-old Tomas to stay still at all is the challenge. Beyond keeping in step with his active career in software management, he is competing in triathlons—swimming, cycling and running his way to high finishes. He recently placed 44th in an event of more than 300 triathletes.

“It is pretty amazing to see how far I’ve come,” concedes Tomas. “I never thought I’d be able to do all the things I can do now.”

Tomas’ renewed lease on life is the result of a new shoulder implant he received at UNC Health Care in April 2010. The revision surgery, performed by R. Alexander Creighton, MD, a sports medicine specialist and associate professor within UNC School of Medicine’s Department of Orthopaedics, removed the faulty partial joint implanted years earlier and inserted a new partial joint during a procedure known as a hemiarthroplasty.

Highly self-educated on the benefits, risks and limitations of shoulder replacement, Tomas chose Dr. Creighton to perform the surgery after a lengthy physician search and interview process that took him as far away as Boston.

The decision, Tomas explains, “came down to finding a specialist I trusted in the local area that had the extensive training, skill and experience in handling these specialized procedures.” He says most orthopaedic surgeons he talked to were conducting an average of four shoulder replacements a month, but Dr. Creighton was completing up to four per week. >

"I'm extremely pleased to follow Tomas' remarkable progress," says Dr. Creighton. "While his high level of post-surgical athletic activity is not typical, he shows what can be accomplished with today's advanced joint-replacement techniques, and a patient's dedication to physical therapy and proper joint care."

Expectations Evolve

Tomas is representative of a powerful national trend that's escalating demand for sports medicine surgeries, particularly rotator cuff tear repairs, knee ligament reconstructions and joint replacements for knees, hips and shoulders.

Fueling this surge in demand are baby boomers (the 77 million Americans born between 1946 and 1964), such

as Tomas, who are seeking to maintain their active lifestyles, the ever-increasing throng of senior adults who are living longer because of medical advances, and a marked rise in sports injuries among children and adolescents.

Demand for the two most common joint replacements—for the knee and hip—is climbing dramatically. *The Journal of Bone and Joint Surgery* estimates that by 2030 the number of annual total knee replacements in the United States will increase from 500,000 currently to 3.48 million, and the number of annual total hip replacements will increase from 208,600 currently to 572,100.

Additionally, overuse injuries are occurring four times as often in youth sports as they did five years ago, according to the American Orthopaedic Society for Sports Medicine. This year, experts predict approximately 3.5 million children and adolescents 14 and younger will be hurt playing sports or participating in recreational activities.

Prompt Orthopaedic Care

If you suffer an orthopaedic injury or seek attention for an orthopaedic concern, UNC Health Care's Department of Orthopaedics is highly responsive to your health care needs.

The department is committed to offering next-day and frequently same-day appointments at its Ambulatory Care Center, 101 Mason Farm Road in Chapel Hill. Call (919) 962-6637 Monday through Friday for an appointment.

In addition, the department offers UNC Prompt Care, a walk-in facility at Carolina Pointe II, for immediate treatment needs. UNC Prompt Care provides care for the following conditions:

- Sprains and strains
- Fractures and possible fractures
- Sports-related injuries
- Injuries not requiring stitches
- Cast problems

Sports Medicine for All Ages and Activity Levels

By offering extensive surgical and nonsurgical treatment, honed by using the latest technologies and proven techniques, UNC Health Care's sports medicine specialists are

Tomas Eikinas lives in Cary with his wife, Adrienne, and his daughter, Victoria.



well-prepared to meet the mounting needs and expectations for orthopaedic care.

"We feel we distinguish ourselves through our commitment to comprehensive treatment, community involvement, accessibility to care, and ongoing research and education," says Douglas R. Dirschl, MD, professor of orthopaedics and chair of the UNC Department of Orthopaedics. "For more than 50 years, our department has earned the distinction of providing outstanding orthopaedic care to every UNC athlete. The same quality of care, skills and training available to these elite athletes are at work in all our patient interactions."

Although UNC Health Care attracts orthopaedic patients from across the country, "we place strong emphasis on serving the needs of our local communities, such as the area's high schools," Dr. Dirschl says. "We're constantly in touch with the schools' trainers, we offer free physicals to the players, and our physicians are routinely on watch at local football games."

Next-Day (Even Same-Day!) Service

To ensure rapid accessibility to care for new patients, Dr. Dirschl says the department aims to provide next-day and often same-day appointments with sports medicine specialists.

"While we're extremely proud to treat UNC varsity athletes, we're just as gratified to treat weekend warriors and help people of all ages and activity levels recover from common injuries and cope with common musculoskeletal conditions," emphasizes Dr. Creighton.

One of the core strengths of the sports medicine team, says Ganesh M.V. Kamath, MD, assistant professor of orthopaedics and one of Dr. Creighton's sports medicine team members, is the ability to "conduct virtually any type of surgical and nonsurgical treatment of the shoulder and knee, and do virtually all of them with varying techniques. This enables us to customize treatment for each patient."

Most patients treated have some type of knee or shoulder injury or deterioration, most commonly osteoarthritis (wearing of cartilage), sprained or torn ligaments, strained or torn rotator cuff tendon (of shoulder), and damaged articular knee cartilage (end-of-bone cartilage) and meniscus (the knee's "shock absorber").

Treatment and surgical options include knee and shoulder arthroscopy (minimally invasive surgery using small incisions), knee and shoulder hemiarthroplasty (partial joint replacement), knee and shoulder arthroplasty (total joint replacement), knee ligament reconstruction, rotator cuff repair, meniscal allografting (meniscus transplantation), platelet-rich plasma therapy (injection of patient's

own blood platelets into injured tendons and ligaments to speed healing), and ultrasound-guided injections (enabling precise delivery of biologic and therapeutic agents).

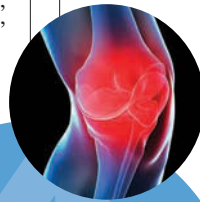
Innovation Through Research

To help achieve continued innovation in orthopaedic care, UNC Health Care's sports medicine physicians seek to integrate advancements in clinical research and basic science within their current clinical practice and treatment approaches.

"The latest trend in orthopaedic research is exploring how biological agents, derived from natural tissues and cells, can be inserted into damaged joints to improve healing," says Jeffrey T. Spang, MD, assistant professor of orthopaedics and the third member of the sports medicine group with Drs. Dirschl and Kamath. "We're already using platelet therapy in clinical practice. Stem cell therapy is an experimental area that holds great potential. We're partnering in basic science research with NC State's biomedical engineers to examine how stem cells and biological structures, called scaffolds, could be used to improve meniscus and articular cartilage healing."

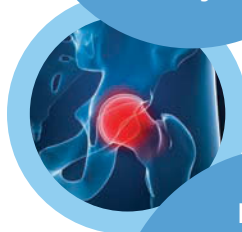
Dr. Spang and his colleagues are also participating in clinical research projects, including examining the kinematics (motion dynamics) of young athletes to identify the specific factors accelerating shoulder injuries and ligament tears, and to assess how to prevent and mitigate these injuries; investigating and pinpointing the factors behind failed anterior cruciate ligament (ACL) reconstruction and repeated ACL injuries; and evaluating whether better preoperative and postoperative care could improve long-term results for rotator cuff surgery patients.

"Our participation in research is an important part of our overall commitment to orthopaedic care," says Dr. Creighton. "It's constantly motivating us to discover new ways of improving our patients' quality of life." ■



Four shoulder replacements performed each week by R. Alexander Creighton, MD, at UNC Health Care

700,000+ hip and knee replacements are performed each year



By 2030, that number could be 4 MILLION

One Website for All Your Orthopaedic Questions

For more information about joint replacement and other orthopaedic services at UNC Health Care, visit www.med.unc.edu/ortho.



DAIRY

FRUITS

VEGETABLES

Goodbye Food Pyramid, Hello MyPlate

If you are trying to keep up with the latest diet fads or following the latest research about which foods pack the most powerful antioxidant punch, you may find that navigating the healthy eating landscape can be a little confusing. The good news is that it doesn't have to be.

The food guidelines provided by the U.S. Department of Agriculture (USDA) can help simplify all of the information you hear about healthy eating. Earlier this year, the USDA released the latest version of its guidelines, called MyPlate, which replaces the pyramid system that had been in place since 1992.

The MyPlate “plate” is divided into four sections representing protein, whole grains, fruits and vegetables and a smaller circle for dairy. The size of each section depicts the recommended portion of food you should eat from each group. The idea is similar to the food pyramid

many people are familiar with, but MyPlate is intended to make it easier to understand the guidelines.

The online version is interactive and provides additional information and tips. By clicking each section on the plate, viewers can learn which foods fit into the category, recommended serving sizes and suggestions about good food choices.

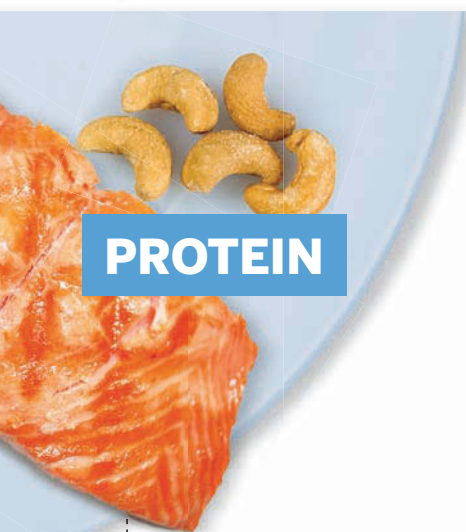
MyPlate is a good visual reminder of what types of food you should be eating. The largest section is vegetables, which is perhaps the most significant change from the food pyramid. In fact, MyPlate indicates that half of your meal

should be made of fruits and vegetables. The smallest portion should be dairy, which should include fat-free or low-fat milk, cheese and yogurt. Full-fat dairy products or sweetened and flavored milk products are not recommended, according to the new guidelines.

Considering the obesity epidemic affecting the country and the health risks associated with poor eating habits, it is important to understand how to provide healthy meals to your family. The USDA hopes MyPlate's basic and easy-to-use format will be one more way families can learn about healthy eating.



GRAINS



PROTEIN

The size of MyPlate's sections shows the recommended portion you should eat from each food group.

What's on Your Plate?

Make sure your meals follow the most recent guidelines from the U.S. Department of Agriculture. Visit www.choosemyplate.gov to get started.



Shrimp with Roasted Tomato Sauce and Heart-Healthy Cheese Grits

UNC Health Care Executive Chef Sean Dolan provides the following recipe for a hearty but healthy entrée. He suggests you marinate the shrimp first, then make the tomato sauce and keep it warm while you make the grits. Finally, sauté the shrimp and serve.

Ingredients

Shrimp

1½ lb. shrimp, peeled and deveined
1 shallot, thinly sliced
3 garlic cloves, minced
1 lemon, juiced and zested
1 orange, juiced and zested
1 Tbsp. fresh thyme
3 Tbsp. olive oil

Roasted Tomato Sauce

5 Roma tomatoes, halved lengthwise
1 clove garlic, minced
1 Tbsp. olive oil
1 tsp. dried oregano
1 tsp. cayenne pepper
1 Tbsp. sugar
2 Tbsp. cider vinegar

Cheesy Grits

1½ c. water
2 c. skim milk
2 garlic cloves
½ c. instant grits
4 oz. low-fat cheddar cheese
½ Tbsp. butter
Hot sauce to taste

Directions

1. Preheat oven to 450 degrees. Toss tomatoes with garlic, oil and oregano in a bowl. Place tomatoes flat side up on a baking pan. Roast for 30 minutes or until skins begin to char.
2. Toss shrimp in a bowl with the shallot, garlic, juices and zest, thyme, and oil. Marinate 30–45 minutes.
3. Purée tomatoes and their juices with the pepper, sugar and vinegar thoroughly. In a small pot, cook over medium heat until slightly thickened.
4. In a heavy-bottom saucepan, bring the water, milk and a pinch of salt to a boil. Add the grits and stir constantly until the water is absorbed. Cover and simmer about 8 minutes or until cooked. Add cheese, butter and hot sauce, and stir until cheese melts.
5. Heat a nonstick pan over medium-high heat, and gently sauté the shrimp until firm and pink, about 4 minutes, flipping occasionally. Serve immediately with the tomato sauce and shrimp. Recipe makes 4 servings.

Nutritional Information (per serving)

396 calories, 14 g fat, 512 mg sodium.

Try It! Then Tell Us



Visit our Facebook page and tell us about your experience making this recipe at home: www.facebook.com/unhealthcare.



CALENDAR

Health events, classes
and support groups
from UNC Health Care

Community Classes

Advanced registration is required for all classes, meetings and tours. FREE classes, and Medicaid, UNC student and employee discounts are available (please contact the center for details). For more information or to register for a class, please visit our website at www.nchealthywoman.org or call (919) 843-8463.

Prepared Childbirth, also en Español (Clases de Parto)

Learn how to increase your confidence in your ability to give birth and learn various coping strategies and labor techniques. Each class focuses on how mother and partner can work together to have a healthy and positive birthing experience.

Mentoring Other Mothers (MOM) Networking Group

Share your concerns, joys, tips and experiences during these weekly sessions with other new mothers in a relaxed setting, while gaining insight from an experienced mom and a trained facilitator. Free if you attended a UNC Prepared Childbirth course.

Prenatal Yoga

We offer three- and five-week sessions as a great way for an expectant mom to optimize

her health and comfort during pregnancy.

CPR for Family and Friends, also en Español

A fantastic class that teaches the latest CPR techniques for infants, children and adults and provides information about injury prevention.

Boot Camp for New Dads

One of our most popular classes—just for men! Our new dads-to-be meet with “veteran” dads and their newborns to learn tips, strategies and advice on changing diapers, soothing crying babies, handling finances, taking care of Mom and more.

Breastfeeding

Pam Freedman of the La Leche League teaches this essential lactation class that acquaints couples with the basics and techniques of breastfeeding.

4th Trimester: Life with a Newborn

Moms-to-be learn some of the basic skills needed to care for a newborn, such as sleep management, crying and soothing techniques, dealing with illness, etc.

Baby in the Dog's House

Barbara Long, CPDT (certified pet dog trainer), will reveal the secrets to preparing the family dog for the arrival of a new baby.

Photographing Your Baby

Dilip Barman, Triangle photographer and instructor, unveils easy-to-use techniques for capturing vibrant photos of your baby.

Sign Language for Budding Babies

Certified ASLA (American Sign Language Association) instructor Jessica Kelly will help you learn how to enrich your child's speech and language, boost vocabulary, increase self-confidence, and stimulate intelligence through the use of American Sign Language.

Choosing & Using Child Care

Representatives from our local child-care services department will talk briefly on how to recognize and find quality child care in your community for infants, toddlers and school-age children.

Maternity & Sibling Tours, also en Español

Tours of our Labor and Delivery and Maternity Care centers are designed to answer your questions concerning the logistics of having your baby at UNC Hospitals. Sibling tours are designed for families with children ages 3 to 8.

NEW! Refresher Childbirth Class

A birth class designed for parents who have already had a child to review the current recommendations and trends. **\$40 per couple**

diabetes, how to prevent diabetes if you don't have it but are at risk, and how to treat diabetes if you already have it. **Thursday, Nov. 3, 12:30–1:30 p.m.**

Are My Memory Problems Alzheimer's Disease or Something Else?

Many memory problems are temporary and are not Alzheimer's. Learn to distinguish between the two.

Monday, Nov. 7, 6:30–8 p.m.

Safe Sitter

This nationally recognized program teaches boys and girls ages 11 to 13 how to handle specific ages, injury prevention techniques, care of the choking child, etc. **Friday, Nov. 11, and Thursday, Dec. 29, 9 a.m.–4 p.m. \$45 for members, \$55 for nonmembers**

Alzheimer's Disease: What's the Latest Research?

Daniel I. Kaufer, MD, will present up-to-date information and recommendations for diagnosing and treating Alzheimer's disease. **Monday, Nov. 14, 6:30–8 p.m.**

Managing Stress Before It Manages You

Certified life coach Vicki Field teaches you to recognize and understand how your stress cycle works, and strategies to keep you on track. **Wednesday, Nov. 16, 6:30–8 p.m.**

Care for the Caregiver: Tips for Sustaining the Journey

This program will present tips for families dealing with Alzheimer's and other disease issues related to aging. **Monday, Nov. 21, 6:30–8 p.m.**

In Good Season Chef Series

Chef Felix Roux will show you how to cook quick and healthy foods while using what's in season. **Monday, Nov. 28, 6–8 p.m. \$10 for members, \$15 for nonmembers**

Our Newest Class: Baby Massage

Learn the gentle art of massaging your baby! Taught in two sessions, this hands-on class will introduce parents/caregivers to the basics of infant massage. Infants ages 1–6 months may participate.



Wellness Center Classes

To register for Wellness Center classes, stop by the registration desk at the Wellness Center. For more information, call (919) 966-5500 or visit www.uncwellness.com.

Diabetes: How to Avoid It and How to Treat It

John Buse, MD, PhD, will discuss how to screen for



Diabetes and Nutrition

This presentation will answer your nutrition questions on how to eat properly with diabetes. **Tuesday, Nov. 29, 6:30–8 p.m.**

Optimizing Fertility

Anne Steiner, MD, MPH, will discuss the evaluation and treatment of disorders relating to male and female infertility. **Wednesday, Nov. 30, 6:30–8 p.m.**

Winter Wonderland Workshop for Ages 4–7

This class will allow children to explore their creativity and have fun this holiday season creating and decorating holiday items with food. Call for details. **Monday, Dec. 5, 5–6 p.m. \$5 for members, \$10 for nonmembers**

Winter Wonderland Workshop for Ages 8–12

This class will allow children to explore their creativity and have fun this holiday season creating and decorating holiday items with food. Call for details. **Monday, Dec. 12, 5–6 p.m. \$5 for members, \$10 for nonmembers**

Substance Abuse and Women

Elizabeth Johnson, FNP, will discuss common drugs of abuse, who the likely abusers are, and types of pain and substance use/abuse. **Wednesday, Dec. 14, 6:30–8 p.m.**

American Red Cross Blood Drive

Save a life—donate blood! Sign up at the front desk or at www.unc.givesblood.org. **Thursday, Dec. 15, 2–6:30 p.m.**

New Year, New You—Money: How to Budget and Save in 2012

Gerry Homovec, a community educator in personal finance with CESI, will provide tips for budgeting and saving. **Wednesday, Jan. 11, 6:30–8 p.m.**

Weigh to Wellness

This 12-week weight-loss program integrates nutrition education with exercise. **Orientation is Monday, Jan. 9, 12:30–2 p.m. Mondays, Jan. 23–April 9, 12:30–2:30 p.m. \$400 for members, \$600 for nonmembers**

Orientation is Thursday, Jan. 12, 6:30–8 p.m. Thursdays, Jan. 19–April 5, 6:30–8:30 p.m. \$400 for members, \$600 for nonmembers

Weight Loss from the Traditional Chinese Medicine (TCM) Perspective

Registered dietitian and holistic practitioner Cara Demu will discuss TCM's key health concepts and how they can help us achieve and maintain our desired weight. This interactive lecture will teach you to apply ancient concepts to your modern lifestyle, making weight management less of a frustration and more of a doable, joyful process. **Tuesday, Jan. 31, 6:30–8 p.m.**

Comprehensive Cancer Support Program

These integrative medicine services and classes are held in Chapel Hill at Carolina Pointe II, 6011 Farrington Road, or at the N.C. Cancer Hospital's Patient and Family Resource Center. For more information and to register, call (919) 966-3494.

Yoga

Whether you are in treatment, a caregiver or a cancer survivor, join us for an exploration of poses and breathing practices for stretching, strengthening and revitalizing the body. **Mondays and Thursdays, 11 a.m.–12:30 p.m.**

Massage for Cancer Patients and Family

A professional massage therapist with specialized training works with people confronting cancer. Call to schedule an appointment.

Lymphedema Precautions and Prevention

This class is designed for patients at risk for lymphedema following cancer surgery involving lymph node dissection. **Monthly on the first Wednesday, 1–2 p.m.**

Look Good, Feel Better

Teaches beauty techniques to female cancer patients in active treatment to help them combat the appearance-related effects of cancer treatment. Call Pam Baker at (919) 843-0680. **Monthly on the third Monday, 10 a.m.–noon**

Relaxation Room, Spa Pod

A warm, soothing bed that gently loosens tension enhances your ability to deal with stress and tension. Call Pam Baker at (919) 843-0680.

Support Groups

Support groups assist patients and family members dealing with a variety of diseases and disorders. For information on where and when the groups meet, contact the person listed below.

Bariatric Surgery

Tara Zychowicz, FNP
tarazych@med.unc.edu

Caregivers of Cancer Patients

Liz Sherwood
(919) 966-3494

Getting Your Bearings

Cornucopia Cancer Support Center
(919) 401-9333

Grief

UNC Hospice Office, Pittsboro
Ann Ritter
(919) 542-5545

Grief Recovery Group

UNC Hospitals Bereavement Support Services
Heidi Gessner
(919) 966-0716

Infertility—RESOLVE Support Group

Terry Pell
(919) 631-3697

Living with Metastatic/Advanced Cancer

(919) 401-9333

Prostate Support & Education Group

(919) 965-4025

Sanford Center (cancer)
Enrichment Center, Sanford
(919) 776-0501

Sarcoidosis

(919) 966-2531

Stroke

Stephanie McAdams
(919) 966-9493

Support for People with Oral, Head and Neck Cancer (SPOHNC)
(919) 401-9333

Triangle Bladder Cancer Support Group

6011 Farrington Road
Liz Sherwood
(919) 843-5069

UNC Neurology Sleep Support Group

Jeanette Wedsworth
(919) 966-5500

UNC Nicotine Dependence Program
(919) 843-1521





Again!

Once again, **North Carolina Children's Hospital** was ranked among the **top 10** children's hospitals in the country by *U.S. News & World Report*. And for the second year in a row, we are the only children's hospital in North Carolina to receive a **top 10** ranking. In fact, N.C. Children's Hospital ranked in six out of ten *U.S. News & World Report's* "America's Best Children's Hospitals" ranking categories, including a **top 10** ranking in pulmonary and lung disorders. And that is something to cheer about!

Kudos to all of our physicians, researchers, nurses and staff members who are the crucial building blocks of our health care system. Because of your unprecedented Commitment to Caring™, our hospital can be called one of the nation's finest.

We are certainly proud of how we stack up compared to children's hospitals across the country, but we are most proud of our ability to bring the best care in the nation to the children of North Carolina.

N.C. CHILDREN'S HOSPITAL: *The only children's hospital in North Carolina awarded a top 10 U.S. News & World Report ranking*